

Every Entrepreneur Must Do This One Thing to Sustain Their Business



There's a lot of research on the traits of successful entrepreneurs. Courage, focus, drive, and initiative are common qualities used to describe successful entrepreneurs.

Yet, there is one thing critically important to sustainability that experts don't talk about.

In fact, you have probably heard people criticize successful leaders for it.

However, every entrepreneur must do this one thing to sustain their business.

What is this one thing?

Taking a break.

Taking a break does several things:

1. **Helps you to gain perspective.** If you're always working, you get so attached, you can become obsessed with achievement and miss solutions that may be right in front of you.
2. **Refreshes your mind.** Even mini-vacations can help you to get away from the day-to-day stressors and allow your mind to dream. The most successful entrepreneurs take time out to consider the possibilities. It is in these moments some of the greatest ideas are borne.
3. **Gives you a chance to appreciate the important things in life.** Whether it is appreciating how far you've come, your family, or the beauty around you, taking a break gives you an opportunity to be grateful for the blessings.
4. **Reveals improvement areas.** Whether it is the need to delegate more or refine systems taking a break helps to reveal the areas that need continuous improvement.

When you stop to take a break, watch as new things come into your life. The new thing was just waiting for you to stop long enough to notice...